

July 2024



| June '24 | | | | | | | August '24 | | | | | | | |
|----------|----|----|----|----|----|----|------------|----|----|----|----|----|----|---|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | |
| | | | | | | 1 | | | | | | 1 | 2 | 3 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| 30 | | | | | | | | | | | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Friday |
|---|--|--|---|---|--------------------------------------|-----------|
| | 1 10am Saras Covenant 10:30am Brunch 12-3pm WOMENS HOURS 1pm Womens support group | 2 10AM yoga/meditation 12pm Lavonna cooks | 3 12pm Golden corral 1pm Sexual health group | 4 CLOSED | 5 CLOSED | 6 |
| 7 | 8 12-3pm WOMENS HOURS 1pm Yoga & Mediatiaion | 9 10am LGBTQ group Genesis bag lunches | 10 12pm Berkshire Lunch 1pm Art w/ Lavonna | 11 11:30am Rocky Topics 12pm Mama cooks 1pm Mens group | 12 12pm Recovery Group | 13 |
| 14 | 15 12-3pm WOMENS HOURS 1pm Womens support group | 16 10AM yoga/meditation 12pm College park pasta | 17 10AM BOOK CLUB 12pm All Saints Lunch | 18 11:30am Rocky Topics 12pm Starmount 1pm Mens group | 19 12pm Recovery Group | 20 |
| 21 | 22 10am Lee Brunch & Bible 12-3pm WOMENS HOURS 1pm Sexual health group | 23 10am LGBTQ group 12pm Ish & Friends | 24 10AM BOOK CLUB 12pm Melinda cooks 1pm Art w/ Lavonna | 25 11:30am Rocky Topics 12pm Electric Supply Lunch 1pm Mens group | 26 12pm Recovery Group | 27 |
| 28 | 29 12-3pm WOMENS HOURS 1pm Womens support group | 30 12pm Carmen cooks | 31 10AM BOOK CLUB 12pm Subway 1pm HOUSE MEETING 2PM Peer committee | | | |
| CONTACT: Community Manager of Higher Ground is Nichol Walters 201 E Bessemer Ave Greensboro, NC 27401 336-274-5637 (house line) | | | | | | |